



LUNCH MENU

MONDAY-FRIDAY 12-5pm



STARTERS

Chicken Wings 2.99

Five tender chicken wings, served with your choice of our '74 BBQ⁹ (360 kcal) or '74 HOT sauce (344kcal)

↑ Upgrade to 8 wings for just 1.49 extra (197 kcal)

Breaded Mushrooms 2.99

Garlic & herb coated button mushrooms, served with your choice of our '74 BBQ⁹ (415 kcal) or '74 HOT sauce (399 kcal)

Stonebaked Garlic Flatbread 2.99

Brushed with garlic & parsley (209 kcal)

↑ Upgrade to mozzarella & Cheddar for just 49p extra (33 kcal)

Cauliflower Popcorn 2.99

Cauliflower florets in a light, crisp parsley batter, served with your choice of our '74 BBQ⁹ (281 kcal) or '74 HOT sauce (266 kcal)

MAINS

Steak Sandwich⁹ 7.99

Chargrilled 4oz⁷ rump steak with tomato, onion marmalade, crisp rocket and mayo served in a warm stonebaked flatbread with a side of horseradish slaw and skinny fries (1060 kcal)

Beer-Battered Fish Goujon Sandwich^{8**} 6.49

Beer-battered pollock, tartare sauce and fresh lettuce, in white bloomer bread. Served with your choice of triple-cooked chips (1005 kcal) or skinny fries (1034 kcal)

Open Pulled Beef Sandwich 6.99

Toasted ciabatta with pulled spicy beef, mixed with red peppers and topped with melted cheese. Served with our house guacamole and your choice of triple-cooked chips (803 kcal) or skinny fries (832 kcal)

Open Chicken Sandwich 6.49

Juicy grilled chicken breast, oak-smoked streaky bacon, tomato, shredded lettuce and mayo on an open, warm ciabatta. Served with skinny fries (885 kcal)

Beef Lasagne 6.49

Beef ragu cooked with tomato, layered with egg pasta and a matured Cheddar cheese sauce. Served with flatbread brushed with garlic & parsley and your choice of triple-cooked chips (1071 kcal) or our house salad (809 kcal)

NEW GARDEN GOURMET[®]Sensational[™] BURGER 6.59

Garden Gourmet[®] Sensational[™] vegan patty, layered with burger sauce, crisp lettuce, sliced tomatoes and red onion.

Served in a brioche-style bun with skinny fries and vegan coleslaw (1109 kcal)
↑ Add a cheezy Violife slice 50p (57 kcal)

↑ Add Sloppy Joe mix of green lentils, mixed peppers, soya and chipotle for 1.00 (123 kcal)

8oz⁷ Rump Steak 9.19

Served with triple-cooked chips and garden peas (695 kcal)

↑ Upgrade to an 8oz⁷ Sirloin 1.49 extra (704 kcal)

5oz⁷ Gammon Steak 6.49

Served with triple-cooked chips, garden peas and either a fried egg (698 kcal) or pineapple ring (655 kcal)

↑ Upgrade to a 10oz⁷ Gammon Steak 2.49 extra (199 kcal)

Beer-Battered

Fish & Chips^{8**} 6.49

Served with triple-cooked chips, garden peas and tartare sauce (889 kcal)

↑ Upgrade to Haddock^{8**} 2.49 (923 kcal)

Chicken Makhani Curry 6.99

Tender chicken breast in a spiced tomato, butter and cream sauce, topped with Greek-style yoghurt.

Served with white fluffy rice, naan bread, poppadoms and mango chutney (985 kcal)

Classic Burger 6.59

Served in a sesame seed bun with burger sauce, cos lettuce, sliced tomato, red onion and skinny fries (909 kcal)

↑ Upgrade to a double Bacon & Cheese Beef Burger for 2.99 extra (453 kcal)

Chilli Non Carne 6.99

Our minced soya and chipotle chilli, served with fluffy white rice and tortilla chips, finished with spring onion, coriander and red chillies (587 kcal)

Spinach & Ricotta

Cannelloni 6.99

Baked in a creamy tomato and basil sauce, topped with mozzarella and Cheddar cheese. Served with your choice of triple-cooked chips (1050 kcal) or our house salad (787 kcal)

Grilled Chicken Salad 6.99

Succulent grilled chicken breast with lettuce, rocket, a sliced boiled egg, cherry tomatoes and reduced fat Caesar dressing. Finished with shaved, aged Parmesan and oven-baked croutons (534 kcal)

SIDES

Crispy Beer-Battered Onion Rings⁹ 1.99 (140 kcal)

Sweet Potato Fries 1.99 (290 kcal)

Adults need around 2,000 kcal a day

DESSERTS

Caramel Apple Betty 2.99

Served with your choice of custard (391 kcal) or vanilla ice cream (359 kcal)

Warm Chocolate Brownie 2.99

Served with vanilla ice cream and chocolate flavoured sauce (677 kcal)

Ice Cream 2.99

Topped with chocolate flavoured sauce, crumbled chocolate flake and a wafer (224 kcal)

Ice Cream with Strawberries 2.99

Two scoops of vanilla seed vegan ice cream topped with strawberries & a chocolate flavoured sauce (189 kcal)